



Act **FAST** at the first sign of **STROKE**

- Face droops on one side
- Weakness in one arm or leg
- Unable to talk or words are confused
- Problems with walking or balance
- Very bad headache with no known cause

Waking one morning, tribal elder Jennie Parker couldn't sit up or talk. Fast treatment and months of hard work helped her recover from stroke. What if stroke happens in your family?

The rate of stroke is high for American Indians in North Dakota. Ask your health care provider about your risk for stroke.

Call 9-1-1

**Stroke is a medical emergency—brain cells are dying.
Fast treatment can prevent long-term disability.**